



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 14248, Alcoholic beverage, beer, light, higher alcohol

Report Date: July 05, 2017 01:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	12.0 fl oz 356g
Proximates					
Water	g	92.88	--	--	330.65
Energy	kcal	46	--	--	164
Energy	kJ	191	--	--	680
Protein	g	0.25	--	--	0.89
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	0.09	--	--	0.32
Carbohydrate, by difference	g	0.77	--	--	2.74
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.09	--	--	0.32
Minerals					
Calcium, Ca	mg	4	--	--	14
Iron, Fe	mg	0.03	--	--	0.11
Magnesium, Mg	mg	5	--	--	18
Phosphorus, P	mg	12	--	--	43
Potassium, K	mg	21	--	--	75
Sodium, Na	mg	4	--	--	14
Zinc, Zn	mg	0.01	--	--	0.04
Copper, Cu	mg	0.006	--	--	0.021
Selenium, Se	µg	0.4	--	--	1.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.005	--	--	0.018

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	12.0 fl oz 356g
Riboflavin	mg	0.015	--	--	0.053
Niacin	mg	0.391	--	--	1.392
Vitamin B-6	mg	0.034	--	--	0.121
Folate, total	µg	6	--	--	21
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	21
Folate, DFE	µg	6	--	--	21
Choline, total	mg	8.8	--	--	31.3
Vitamin B-12	µg	0.02	--	--	0.07
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	12.0 fl oz 356g
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	6.0	--	--	21.4
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0